

Sport RCT Case Study

Getting children more active: Active Toddler training

Active Toddler training provides practitioners with opportunities to offer the toddlers in their care with whole body experiences and an environment that promotes open-ended spontaneous movement play geared to the movement needs of the individual child. It aims to focus the practitioner to observe, tune in, feel movement, and respond in stage appropriate ways enabling them to facilitate opportunities throughout the day.

We partnered with Early Years Wales (EYW) to deliver the programme in Rhondda Cynon Taf. They delivered 3 Active Toddler training sessions at 3 childcare settings, to 32 practitioners from Aman Family Centre, Valleys Kids, and Nightingales Nursery. The training has equipped them with key physical development principles that align with the new Growing Movers 6-week programme, which will be delivered in each of the settings, to follow on from the 6-week Active Baby at Home programme.

By working with different sites, EYW aimed to identify how the training could be adapted to different communities, addressing specific needs for a toddler room in a childcare setting as well as the community needs of families and babies. They recognised the importance of involving parents and the wider community to ensure

consistency and continuity. By engaging parents the settings have developed stronger partnerships with families, reinforcing the benefits of movement at home and in the community. This approach ensures that the core principles of the training are understood and applied consistently, maximising its long-term impact on both children and caregivers.

As a result of the training, children and families will now have access to enjoyable and meaningful movement opportunities that foster the development of essential motor, cognitive, and sensory integration skills. As a result, children will grow into confident, competent, and motivated movers who embrace physical activity as an integral part of their daily lives.

"The Active Toddler pack will support delivery by promoting child development and support for their families. The pack is parent friendly easy to follow and use for both facilitator and parent/carers."

"It was a pleasure to be part of the day and I feel really enthused by the information provided on the day."

"Best course attended in a long time."



32
practitioners
trained



95%
agree or strongly
agree that the
training will have a
positive impact



100%
rated the course
content as good
or very good



95%
agree or strongly
agree that the
training has improve
their confidence



90%
said that their
understanding of
physical literacy
increased



100%
would recommend
the training to
a colleague



RHONDDA CYNON TAF